

Learn more about the Contract Instructors of the City of San Luis Obispo Parks and Recreation Department that have been offering programs to the community for years.

SPORTS

English Horse Riding Lessons- Michele Miller



Instructor, trainer and founder of Miller's Riding School (formally know as Down Riding School) is most recently also the founder of Miller's Equestrian Center and Sanctuary. Michele has 23 years of horse riding and instructing experience and a Bachelors Degree in Animal Science.

Gymnastics, Cheerleading & Dance- Performance Athletics



Performance Athletics Gymnastics & Cheer opened its doors in 2003. The gym was a life long dream of owner, Leslie Breeze. Everyone is a champion at Performance Athletics. Performance Athletics provides our community with a pleasant and safe place for children & adults of all ages to grow, learn, and reach their full potential, in any sport and in life! Performance Athletics coaches are CPR/FA certified, USAG Safety certified, and finger printed for background checks. Together the staff has over 100 years of experience inspiring, motivating and teaching children. Performance Athletics offers a variety of classes for children & adults. Performance Athletics; "Where tomorrows' champions train today."

Hoop Dance Fitness & Fusion- Briana Shean



A San Francisco native, Briana Shean originally came to the Central Coast 21 years ago to study Mechanical Engineering at Cal Poly. She has been a San Luis Obispo resident ever since. Over the last 18 years Briana has participated in local and state-wide events as a professional face painter, pet stroller advocate, jewelry designer and as a performer on stage with Sapphire Moon and Central Coast Follies shows. As a Certified BodyHoops™ Instructor, it is with increasing delight that Briana shares this wonderful activity with those who never thought they could hoop themselves. Truly, if you can stand, if you can walk, you too can hoop!

Kidz Love Soccer- Kidz Love Soccer first appeared in the City of San Luis Obispo in 1999; bringing a 'one of a kind' approach to teaching the great sport of soccer to young players. Kidz Love Soccer was created in response to a community desire for an age-appropriate, non-competitive, instructional soccer program. Children ranging from 2 – 10 years of age learn to love the sport of soccer through a mastery of ball skills taught with fun games that employ role playing and imagery. Kidz Love Soccer...where the score is always, "Fun to Fun!™ "



SLO Town Triathletes & SLO Triathlon Prep Class- Catherine Hennelly



Coach Kathy ran her first SLO Triathlon in 1982, when the sport was in its infancy and has been involved in triathlons ever since! She has competed in over 80 triathlons, spent two years as a professional tri-athlete and has been coaching since 1983. "Coach K" is a USA Triathlon and USA Track and Field certified coach.

Shaolin Kempo Martial Arts- Gary Schmidt



Third Dan Gary Schmidt has been training with Master Bill Mailman since 1998 at United Martial Arts Association. Gary has the reputation of being extremely enthusiastic when it comes to exercise, discipline and character. If there's one word that is associated with Sensei Gary's teaching style, it's energetic! A fun, informative, traditional and modern class is the goal every day of practice. Gary says that "martial arts is my life, and I feel honored to give back the knowledge and advice to participants."

Surf Lessons- Benoit Valloies



Benoit spent three years working with the ESB Surf School in Europe and traveling the world to surf before moving to the Central Coast. Benoit now calls the Central Coast his "home" and has since started the ESB Surf School of Pismo Beach. Values, culture, respect and sharing are the baseline of the services the ESB Surf School is proud to offer all year round. The international ESB label that links surfing schools aims to harmonize and assert the quality of services in terms of welcoming, security and use of proper pedagogical materials. Benoit is passionate

about surfing, as is the whole ESB team. Surfing is a fantastic sport, and the ESB Surf School loves sharing this unique experience with kids and adults alike.

Tennis Lessons- Davide Mascia



Davide Mascia has been a dedicated international tennis player, professional and coach for the last 25 years. He currently holds a Professional Tennis Registry Pro One Certification, the highest teaching category for this association. Since 2001, Davide has worked with players of all ability levels through the San Luis Obispo Parks & Recreation Department and has helped several players to achieve goals of becoming top varsity players, collegiate players and competing at the professional level.

Tennis Lessons-Tarik Miller



Tarik Miller has been a local player for the last 5 years playing in USTA events in Northern and Southern California at the 4.0 through Open level. Since 2008, Tarik has assisted with the on-court training and development of Central Coast players of all ages and ability levels.

Youth Basketball Camp- Derek Heath



Coach Derek Heath has spent 10 years as a basketball camp coach and director. He has run over 110 camps, coached middle school basketball for six years and was a varsity assistant coach for five years. Derek was also a freshman High School head coach for two years and spent two years as a youth camp coach for the Golden State Warriors.

Zumba Fitness- Sally Unks



Sally loves to dance and have fun and that is what Zumba Fitness is all about! Sally has been dancing for 25 years and is a certified Group Exercise Instructor with the Aerobics and Fitness Association of America. She is also a Certified Personal Trainer with the International Sports Science Association. Sally has three teaching certifications with Zumba Fitness and has been a group fitness instructor for three years. In her three years of teaching Zumba, Sally has enjoyed bringing Zumba to the Central Coast and helping people find a fun way to workout!

ENRICHMENT

Adult & Youth Art Classes- Vanessa Goldeen



Professional Artist, Designer and Art Instructor Vanessa Goldeen has been empowering other to learn to activate their creative abilities for over 20 years. She has recently returned to teaching and has partnered with the San Luis Obispo Recreation Department to expand their creative offerings!

Communication for Kids- Dana Ehring



Dana Ehring is a licensed speech/language pathologist and has motivated children and teens alike to be better communicators. In her clinic in San Luis Obispo she sees students from 18 months to 16 years. Dana has developed exciting language based activities for summer camps, classrooms, social skills groups and play groups. Her mission is "Growing Confident Kids".

Dog Obedience- Cynthia Decker



Cindy has been teaching basic dog obedience classes for 30 years, first with Morro Bay and now with San Luis Obispo, training over 3,000 dogs and owners. Cynthia's goal is to give owners the skills to train dogs to be trusted companions with good manners and social skills, which also contributes to pet safety.

Drivers Education- AllGood Education



AllGood Drivers was created by licensed driving instructors with thousands of hours teaching classroom driver's education courses, behind the wheel courses and traffic violator courses. AllGood Driver's mission is to make all new drivers, good drivers, through a quality driver's education. The company hopes to see new drivers obtain their driver's licenses with simplicity, knowledge, and the confidence that it takes to be a safe driver on today's roadways. Education is the key to safe and successful driving. AllGood Drivers have

spent years developing courses, which now incorporate the highest quality materials and activities.

Mad Science- Mad Science Instructors



Mad Science delivers unique, hands-on science experiences that are as entertaining as they are educational. Mad Science instructors are proud to introduce children to a world of discovery while sparking imagination. These classes encourage scientific literacy in children in an age when science is as vital as reading, writing and arithmetic. Mad Science makes learning fun!

PERFORMANCE ARTS

Ballet with Miss Karen- Karen Garman



Karen Garman has been teaching children's dance in this community for over 25 years. Numerous students, ages 1½ - 17 have benefited from Karen's teaching philosophy of developing self-esteem through the art of dance. Karen is happy to return to San Luis Obispo Parks and Recreation Department; continuing her passion of teaching children's dance.

Central Coast Baton Twirlers- Kristen Mann



Kristen Mann is a second-year Political Science Major at Cal Poly San Luis Obispo and has been the Feature Twirler for the Mustang Marching Band for the past two years. At football and basketball games, Kristen dazzles the crowd with her talents as she twirls up to two fire batons at the same time! She has been twirling baton for 11 years and has traveled to such places as Notre Dame University, Disneyland, Disneyworld, and Hawaii to compete and perform. She has held numerous California State and All-West Regional titles since the young age of eight, and even placed fifth at the National Baton Twirling Championships this past summer held at Notre Dame University.